



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01164, Cheese sauce, prepared from recipe

Report Date: July 09, 2017 12:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.95 Fat Factor: 8.92 Protein Factor:4.08 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 30g	1 cup 243g
Proximates						
Water	g	66.86	--	--	20.06	162.47
Energy	kcal	197	--	--	59	479
Energy	kJ	824	--	--	247	2002
Protein	g	10.33	--	--	3.10	25.10
Total lipid (fat)	g	14.92	--	--	4.48	36.26
Ash	g	2.41	--	--	0.72	5.86
Carbohydrate, by difference	g	5.48	--	--	1.64	13.32
Fiber, total dietary	g	0.1	--	--	0.0	0.2
Sugars, total	g	0.19	--	--	0.06	0.46
Sucrose	g	0.08	--	--	0.02	0.19
Lactose	g	0.07	--	--	0.02	0.17
Maltose	g	0.05	--	--	0.01	0.12
Minerals						
Calcium, Ca	mg	311	--	--	93	756
Iron, Fe	mg	0.35	--	--	0.10	0.85
Magnesium, Mg	mg	19	--	--	6	46
Phosphorus, P	mg	229	--	--	69	556
Potassium, K	mg	142	--	--	43	345
Sodium, Na	mg	493	--	--	148	1198
Zinc, Zn	mg	1.26	--	--	0.38	3.06
Copper, Cu	mg	0.019	--	--	0.006	0.046
Manganese, Mn	mg	0.040	--	--	0.012	0.097

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 30g	1 cup 243g
Selenium, Se	µg	6.6	--	--	2.0	16.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.6	--	--	0.2	1.5
Thiamin	mg	0.044	--	--	0.013	0.107
Riboflavin	mg	0.243	--	--	0.073	0.590
Niacin	mg	0.204	--	--	0.061	0.496
Pantothenic acid	mg	0.233	--	--	0.070	0.566
Vitamin B-6	mg	0.045	--	--	0.013	0.109
Folate, total	µg	10	--	--	3	24
Folic acid	µg	2	--	--	1	5
Folate, food	µg	8	--	--	2	19
Folate, DFE	µg	11	--	--	3	27
Choline, total	mg	5.1	--	--	1.5	12.4
Vitamin B-12	µg	0.35	--	--	0.10	0.85
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	82	--	--	25	199
Retinol	µg	80	--	--	24	194
Carotene, beta	µg	26	--	--	8	63
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	310	--	--	93	753
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.03	0.22
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.0	--	--	0.3	2.4
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	0.3	2.4
Vitamin D	IU	41	--	--	12	100
Vitamin K (phylloquinone)	µg	0.9	--	--	0.3	2.2
Lipids						
Fatty acids, total saturated	g	8.034	--	--	2.410	19.523
4:0	g	0.385	--	--	0.116	0.936
6:0	g	0.199	--	--	0.060	0.484

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 30g	1 cup 243g
8:0	g	0.106	--	--	0.032	0.258
10:0	g	0.230	--	--	0.069	0.559
12:0	g	0.215	--	--	0.065	0.522
14:0	g	1.231	--	--	0.369	2.991
16:0	g	3.952	--	--	1.186	9.603
18:0	g	1.712	--	--	0.514	4.160
Fatty acids, total monounsaturated	g	4.735	--	--	1.421	11.506
16:1 undifferentiated	g	0.358	--	--	0.107	0.870
18:1 undifferentiated	g	4.375	--	--	1.312	10.631
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.397	--	--	0.419	3.395
18:2 undifferentiated	g	1.213	--	--	0.364	2.948
18:3 undifferentiated	g	0.184	--	--	0.055	0.447
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	38	--	--	11	92
Phytosterols	mg	11	--	--	3	27
Amino Acids						
Tryptophan	g	0.123	--	--	0.037	0.299
Threonine	g	0.355	--	--	0.106	0.863
Isoleucine	g	0.578	--	--	0.173	1.405
Leucine	g	0.902	--	--	0.271	2.192
Lysine	g	0.772	--	--	0.232	1.876
Methionine	g	0.243	--	--	0.073	0.590
Cystine	g	0.056	--	--	0.017	0.136
Phenylalanine	g	0.484	--	--	0.145	1.176
Tyrosine	g	0.452	--	--	0.136	1.098
Valine	g	0.627	--	--	0.188	1.524
Arginine	g	0.351	--	--	0.105	0.853

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 30g	1 cup 243g
Histidine	g	0.311	--	--	0.093	0.756
Alanine	g	0.279	--	--	0.084	0.678
Aspartic acid	g	0.628	--	--	0.188	1.526
Glutamic acid	g	2.214	--	--	0.664	5.380
Glycine	g	0.170	--	--	0.051	0.413
Proline	g	1.021	--	--	0.306	2.481
Serine	g	0.539	--	--	0.162	1.310
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0